SOME INTERESTING FANCY WORK

A Beauty Suggestion That Helps the Girl Whose Mouth Is Pouty

She Can Tighten It Up by Tightening Up Her Disposition and Giving Herself a Purpose in Life

SHE used to have a relaxed, rather sulky, expression about her mouth. It wasn't that she was sulky, but just that she was indolent, somewhat lazy, easy-going.

Her face was pretty enough, but that pouting under lip almost spoiled it, and there was very little character there.

Then things began to tighten up a little for the girl with the lazy look. Her father failed and she had to step in and go to work herself.

THESE loose underlips and relaxed expressions are a frequent sight.

You see many girls whose beauty is spoiled by an aimless, indifferent look.

They seem to be bored with life, unmoved by its pleasures, and untouched by its depths.

Their existence is either so much on the surface that they do not realize the possibilities about them, or else they In and go to work herself.

Living was much closer and less extravagant than it had been before and revy much more hurried.

Per much more hurried.

The third and and to step possibilities about them, or else they have tried to put too much into the short time that they have lived since they put aside their dolls and jumping

year or so later I saw her again ropes. her entire expression had changed. In the latter case, life has lost its The big eyes were still expressive and zest, and there is no purpose for those beautiful, but there was so much greater who have lived it so strenuously except

depth to them.

The face was thinner slightly, but the most noticeable change had taken place will let the puckers in a pretty mouth will let the puckers in a pretty mouth.

had been very much of a stranger all character. Real beauty was there, the beauty that has come to stay, the beauty that stock of that warning signal in the

means something. IT'S absolutely necessary to find a yourself, you're slipping.

purpose, just as this girl did, in order to have that kind of beauty.

Many girls are born with beautiful dates: even, regular features, lovely coloring, clear, fine complexions and white, even teeth.

But if it has been too full, and you have been too easy-going, watch it thin out a little and grow more firm as you gain strength and determination in your character.

Can You Tell?

FUR AGAIN

A brilliantly figured crepe is weighted

the sleeves with fur, yes, real winter-

time fur. After a season of very few

to see a frock so warmly bedecked. But

Paris approved of it when the man-

nequin appeared in it at the races,

and it has all the correct points, longer

skirt, flowing, longer sleeves and slim

The Woman's Exchange

Blue Has Run on Jersey

Clothes for Four Days

ne under the bridegroom's name,

Mr. and Mrs. John Smith (Paris, France)

Mr. John Doe

(Honoiulu))

It is customary to have the announce-

or home und

To the Editor of Woman's Page:

To the Editor of Worsan's Page

By R. J. and A. W. Bodmer Why the First Rallway Was Called

The first railway was a read with a reil on either side, on which animals pulled wheeled vehicles. Such a railway was commonly called a tramway and was named after General Outram. of England, who saw such a road in operation in the mountains of Germany and adopted the idea for use in Eng-

Among the first of these "rail roadways" was one built at the collieries at Newcastle - on - the - Tyne in England in 1602. The rails were of timber and were laid upon the roadway or upon raised supports. The wheels were grooved at the side or in the center so they would remain on the track. A number of tramways were built in England-some twenty-seven in all. length varied from four to thirty-five miles—the length of all being about 375 miles. It was some two hundred years before the total mileage was as much as four hundred miles. That was the total up to the opening of the Stockton and Darlington Railway on September 27, 1825, which was the first steam

The first Ameri an railway ran from Baltimore to Ellicott Mills, now Ellicott City, a distance of fourteen and seven-tenths miles. This is the origseven-tenths miles. This is the orig-inal nucleus of the Baltimore and Ohio Railroad. This railroad also enjoys the distinction of having the first American-built locomotive tried out on its Baltimore and Ellicott Mills in two hours and twenty minutes for the round trip. Today in the United States there are 255,840 miles of main line tracks. The average number of passengers per car in this country is fifty-five. The

average weight of passenger trains is 260 tons. Therefore, for every mile 260 tons. Therefore, for every mile that the railroad hauls one passenger it must haul four and a half tons of dead weight equipment.

Tomorrow-"How Did Ammonia Receive Its Name?"

Adventures With a Purse

COUNTAIN pens are certainly one of the necessities of a handbag, but one is going to the theatre or out lines. for the evening, a usual size pen will not fit into the small silk purse or mesh bag. But I found the tiniest pen I have ever seen, not more than two inches long. It would tack away conveniently in a change purse or small bag. There is a gold ring fastened to the bag. There is a gold ring fastened to the top if one should care to wear the pen on a black ribbon about the neck. Of course it does not hold so much ink, but quite enough to sign a check or write an address. The pen is \$1.

While you might be able to fade these spots a little by the use of hydrogen.

write an address. The pen is \$1.

One of the shops is selling hammered brass trays, with a handle on each side which would be most excellent for serving sandwiches, or as a decoration for a den or studio. The plates vary in size, one almost ten inches across can be had for \$2.50 and the next size, somewhat larger, is priced at \$3.

For names of shops address Woman's Page Editor or phone Walnut 3000 or Main 1601

While you might be able to fade these spots a little by the use of hydrogen peroxide, it would be a great deal of bother and it might not be entirely successful. When a dye like this runs into something white nothing but Javelle water will remove it entirely, and that rots wool. So the best thing for you to do is just to remember that there are lots of other men in the same what it is and that everybody understands what it is and that it doesn't make a great deal of difference. Once in the world have on.

For names of shops address Woman's Pare water, it do ditor or phone Wainut 3000 or Main 1801 you have on.

Things You'll Love to Make



Square Shade with Batik Design Here is a handsome shade that you can make for your lamp. It is very different from most of those shown. Out a square of silk, of a pale color that matches either the furniture or draperies in your room, large enough hang down well over the edges of he frame. Have the edges picoted. ith pencil, mark off a simple design milar to the one shown. With a with pencil, mark off a simple design similar to the one shown. With a small brush and melted parafin paint ever all but the parts indicated by the black masses. Dip the waxed silk into a cold solution of dye of any color that will look well with the original color will look well with the original color. the silk. When dry, dip the silk to a gasoline bath. (Be careful not

Please Tell Me What to Do By CYNTHIA

Letters to Cynthia's column must be written on one side of the paper only, and must be signed with the writer's vame and address. The hand will not be published if the writer does not wish it. Unsigned letters and tetters written on both sides of the paper toil not be ensurered. Writers who wish personal answers that can be given in the column will please look there, as personal letters are only written when absolutely necessary.

His Ideal Girl

Dear Cynthia—I was reading "Lu-dile's" letter suggesting a contest. Well,

My ideal girl must have blond hair, not bobbed, use little or no powder and use no paint or rouge. It does not matter about the dress, but I think a girl in a gingham dress looks very attractive. I am not knocking the other kind of girls with possess, paint; just telling my ideal. BLONDIE.

A good ideal my friend, but what

She's Stout

In the mouth.

That pouty underlip had tightened up and grown thinner in some miraculous way that she could not possibly have brought about if she had tried it for beauty purposes.

And there was character there that had been very much of a stranger all character.

Too much idleness and too little aim will be puckers in a pretty mouth the male readers of your wonderful to the male readers, I hope you will answer this and you, too, Cynthia. This is my trouble: I am a girl eighteen years old, good looking and tail, but I'm stout. I dress well and try to be neat. I dance and go to quite a few parties. Now to tell the real trouble. Cynthia, at these parties I dance almost Cynthia, at these parties. parties. Now to tell the real trouble. Cynthia, at these parties I dance almost every dance with the boys there. But at a public dance they let me sit every dance out. Now I know I'm stout, but why do they dance at home and not out. glass.

If it is loosening up take a grip on

white, even teeth.

Everything that goes to make up a beautiful face.

Yet there's always a "but," a something lacking in their beauty, if it is only face deep.

A selfishness pulls down the corners of the perfect mouth or indolence allows the face to fall into bored-looking, relaxed lines that mar it unbecomingly.

Your character.

Tomorrow Going to be a hard day; how will you meet it, with a white flag?

With an underlip that's relaxed and weak, or one that's firm and decisive?

"Keep a stiff upper lip" is a good injunction for those in trouble, but "keep a taut lower lip" is a better one for those in indecision.

Send a Birthday Letter and Card Dear Cynthia—I am a young girl in my teems. This is my problem, Cynthia: I met a young man several years ago and we became very good friends. We Dear Cynthia—I am a young girl in my teens. This is my problem, Cynthia: I met a young man several years ago and we became very good friends. We went together for about three menths and then we had a disagreement. I did not see him for about a month. Then he came to see the and the disagreement was settled. After that we saw quite a good bit of each other. Then he had to go to the western part of the State. Since that I have been getting etters from him regularly. Then he stopped writing all at once and I have not heard from him since. Now, Cynthin, I have learned to love this man, even before he left for his work. And in his letters he has as much as told me that he loves me. What I would like to know is whether I should write to him. Perhaps he has become fill or is very hus; I cannot think he is false. His birthday will soon behere. Would it be proper for me to send him a present or a card? I have tried to overcome this love, but, dear Cynthia, I find I cannot, though I have tried to overcome this love, but, dear Cynthia, I find I cannot, though I have tried to overcome this love, but, dear Cynthia, I find I cannot, though I have tried to overcome this love, but, dear and over needle, pull through and tighten thread. This forms the Ar-

Cousin Maligns Her

Scallop (same illustration). Work the party and difficulty? About three loops, turn, knot in the first loop, work one loop, knot in the loop at beginning of scallop and continue working. I asked a distant relative of mine to come as he is a very good plano player. He said he would come and I was very much disappointed when he didn't come to the party and my girl friend was looped from the total party and my girl friend was looped from the first loop, knot in the first loop, knot in the next loop, leaving a five-eighth-inch thread, knot top of loop, knot in the party and my girl friend was looped from the first loop, knot in the next loop, leaving a five-eighth-inch thread, knot top of loop, knot in the next loop, leaving the same length loop. Scallop and corn become waxy when the loop at beginning of scallop and continue working.

Scallop (same illustration). Work three loops, turn, knot in the first loop, knot in the same loops of the jars sufficiently deep to the loop of the jars sufficiently deep to the loop of the jars sufficiently deep to the same loop, the party in the loop at beginning of scallop and continue working. Knot in first loop, knot in the next loop, leaving a five-eighth-inch thread, knot top of loop, knot in the next loop, leaving the same length loop. Place needle under the last three loops turn, knot in the first loop, knot in the same loop, knot in the next loop, leaving a five-eighth-inch thread, knot top of loop, knot in the next loop, leaving the same length loop. Place needle under the last three loops turn, knot in the first loop, knot in the same loop, knot in the next loop, leaving a five-eighth-inch thread, knot top of loop, knot in the next loop, leaving the same length loop. The first loop is the first loop, leaving the place of the jars sufficiently deep to the same loops. The first loop, knot in the same loop, knot in the next loop, leaving a five-eighth-inch the next loop, leaving a five-eighth-inch the next loop, leaving a five-eighth-inch the next loop, leaving a five-eighth

Several months tater he saw my mother and told her the story, but so differenty, that I drank and smoked. My mother told me. I laughed, thinking it a great joke and ignored him the

next time I saw him.

Now I hadn't seen him for a year until I met him recently at a party given in honor of my cousin's homecoming. He came over toward me and I turned my back on him. Whether my actions angered him or whether he is a cad (which I don't doubt) I don't show, but it came to my mother's cars that he had told several of my relatives the old story very much exag-gerated; this time that I was no good down at the bottom and on the ends of drank four times as much as he.

Now what can I do? When my mother told me about it I had in fact forgotten about him, and had had nothing to do with him.

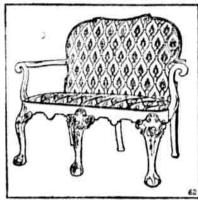
But gossip travels and every once in summer furs it is somewhat surprising

But gossip travels and every once in a while some one asks mother about it, and each time the story swells. I feel that I hate him for circulating such trash about me.

And, Cynthia, I am a good girl. I'm modern and up to date, but I'm much better than many girls of today—in morals, I mean, and I believe in being

never forget. owng man and slience his tongue

THE HOME IN GOOD TASTE By Harold Donaldson Eberlein



Queen Anne Settees

To the Editor of Woman's Page:

Dear Madam—I am going to spend four or five days at the seastore. I would like to know what clothes, including hats and shoes, I should need I can only afford the ones that are necessary.

DAILY READER.

You will need a white skirt and sweater, with waists, one gingham dress and a sport hat that may be worn with these and also with afternoon dresses. A plain white one would do for both, with an organdle bow or scarf around it. Sport shoes, either plain white or a combination of white or tan and a color. Then two afternoon dresses with more dressy white or plain black shoes. A bathing sud. A cape or hig coat. And that's all, except the dark stik dress or cloth suit, black or brown shoes and simple list which you wear to travel in. This "troussean" will see you through the visit very nicely, and I hope you have a splendid time.

stered arms, many others had wooden arms like those of armchairs, as shown in the accompanying cut. Some of the settees were short, like the example in the above filustration, others were long. The wood of which they were usually made was walnut. The exam-It is customary to have the announcement of a gasoline bath. (Be careful not do this near a fire or light.) The acts that were covered with wax will main the original color of the silk. The marriage is sometimes given, but it would be permissible, if you prefer, to have the address of the silk way shaders. Dip into another a such an extreme case as this it would be better, although the address of the such an extreme case as this it would be better, although the address of the such an extreme case as this it would be better, although the address of the marriage is sometimes given, but it would be permissible, if you prefer, to subject the address of the marriage is sometimes given, but it would be better, although the address of the marriage is sometimes given, but it would be better, although the address of the marriage is sometimes given, but it would be better, although the place of the marriage is sometimes given, but it would be permissible, if you prefer, to shown has handsomely carved legs and arms, but many of the settees had no carving and depended upon the graceful shaping of their arms and came and the place where the marriage is sometimes given. The would be permissible, if you prefer, to would be shown has handsomely carved legs and arms, but many of the settless had no carving and depended upon the graceful shaping of their arms and ca-bridge the control of the state of the would be permissible, if you prefer, to would be permissible, if you prefer, to would be shown has handsomely carved legs and arms, but many of the settless had no carving and depended upon the graceful shaping of their arms and ca-bridge the would be permissible, if you pref

tried to overcome this love, but, dear Cynthia, I find I cannot, though I have been going out with other boys. Yet menian loop. Continue for desired I niways wish I could be with him. length, taking great care to keep loops Picage tell me what to do. SNAPPY. even. All succeeding rows of loops even. All succeeding rows of loops are worked in the loops of previous

Scallop (same illustration), . Work

to the party and my girl friend was hurt because we had no music.

I saw him several days later and decided I would not let him see that I was disappointed. He asked me if I had a good time and so forth. He then neked me if ye had drinks I said top of loop, leaving a quarter-inch repeat for desired length.

Straight bar tupper right-nand lines small loop leaving the same loop, place needle under the last three bars with thread nearest eye of the needle and right inch loop, knot in the next loop, leaving the same loop, place needle under the last three bars with thread nearest eye of the needle and right inch loop, knot in the next loop, leaving a quarter-inch repeat for desired length.

ward and said very quietly:

"Don't you suppose I know you're

deserve to be the happiest of women.

dest love a woman ever gave a man.

Tomorrow-Flight!

WHAT'S WHAT

By Helen Decie

forever.

Joan Stockbridge marries Norman | home that I had once been so happy in Wayne in spite of many learnings | during those early days when I had been confident of the future. preference to Herbert Livingston, who loves her devotedly, but who lacks Norman's charm. Norman has never been known to care for one reaman more than a few weeks at a time, but Joan is confident of holding him. After marriage, however, she finds it difficult and he makes her miserable through his attentions to other women. When Edith, Joan's younger sister, comes to visit them, Norman carries on a flirtation with her and in desperation, Joan turns to Herbert Livingston, who still loves her Joan's recklessness in the face of Norman's neglect frightens her, for she realizes that she is playing with fire in leading Herbert on.

The Crisis

A FTER my break with Margaret and not happy?" he went on quickly, "and you deserve to be happy. Joan, you more on Herbert's society. We took Won't you let me try to bring you Can you tell me what to do. Cynthia. to going in town to concerts and the sems hatpiness, won't you give me a the tamily and I can't do that at that he'll man's plans, aside from having his . He did not speak passionately, and he family and I can't do that.

I'd like to do something that he'll
ever forget.

Do not do anything revengeful. You
rould thereby make yourself as small
s he But your father or mother
hould take the matter up with the
hould take the matter up with the
round man and sllence his tongue.

man's plans, aside from having his
meals ready for him when he and Edith
deigned to eat at home. Sometimes
when I let myself think about it, I
wondered that Norman made no comdeigned to eat at home. Sometimes give in to lim, to rest on his strength when I let myself think about it, I and to let him help me forget that I ceptions) the hay fever plants are usewondered that Norman made no com- had ever loved Norman with the madment on the fact that I was with Herbert so constantly. And it did not asked simply. make me any the less bitter to realize that Norman was only too glad to have the Norman free things, and as soon as Norman frees you. I want you to be my wife."

I want you to come away with me. I want you to come away wi

Herbert, Norman might have felt differently. But he did not realize how much Herbert had changed. He did not any longer against a thing the struggle though he changes to a district where Perhaps if it had been any man but much Herbert had changed. He did not any longer against a thing that was there know that my being with Herbert so iny mind. much was funning the tlame of his emetion for me, for now that autumn had set in we had reached a point where I had to parry with Herbert constantly.

No doubt Norman still thought of Herbert as a good old fellow, some one he could quite safely intrust with a wife, and that thought stirred up all the recklessness in my nature.

Mother was still west nursing my Queen Anne Settees grandmother. She had set no definite date for her return, thinking, of course, the chief points of difference between that Edith was safe with me, and my the settee of Queen Anne's time and that Edith was safe with me, and my the settee of the William and Mary letters to her did not mention the state you through the visit very nicely, and I hope you have a splendid time.

A Wedding Announcement

The chief points of difference between that Edith was safe with me, and my the settee of the William and Mary letters to her did not mention the state of affairs in Hilton. I had never, even as a child, confided in mother, and back with two or more arches rising up would add to her worries in any way. To the Editor of Woman's Page.

Dear Madam—Would you please advise in your "Woman's Exchange" column whether it would be considered bad form in a wedding announcement to put the place of residence in small letters in brackets under the names of bride's parents and place of residence or home under the bridegroom's name or home under the bridegroom's name them. There was also another point of occasional difference. While many of the Queen Anne settees retained the outward-curved or rolled-over uphol-

And then came the day when Herbert Livingston asked me to run away
with him. It happened in the livingroom of my own little house, the little

during those early days when I had been One-half teaspoon of white pepper. It was a Saturday in late October. and Norman and Edith had gone to a football game. Herbert and I had been having ten together and afterward a silence had fallen between us, a sithe logs burning in the open fireplace, and then suddenly Herbert leaned for-

To Can Lima Beans

Dr. Evans Tells

The plants which cause hay fever have inconspicuous flowers. The disease

As a rule (to which there are ex-

"What do you want me to do?" I Occasionally a cold or modified hay fever results from sticking an odorifet-

Roses, lilies, of the valley, honeysuckle and other pretty, odoriferous and insect pollinated flowers do not cause hay fever. The pollen of rag-weed may be carried more than five miles by a high wind. It is not carried as far as fifteen miles, at least not in such quan-

as far as a mile. There are no hay fever weeds at locations higher than 6000 feet. All resorts located more than 7000 feet in altitude are hay fever free. An island resort that is kept weed free is safe if surrounded by ten miles of water. Islands closer to mainland may be free if weeds are kept down and if the wind gen-erally comes off the water. No resort at low altitudes remains permanently free from hay fever unless the weeds are kept down,

Many cities have anti-weed ordi-

four of us. Certainly matters could not go on as they were forever, and I was rapidly approaching a state where pence of mind was the only thing to be desired in all the world. My heart was so sore toward Norman that I had reached a point where I was sure I could never forgive him. Even if this affair with Edith proved not to be serious, life with Norman would never bring me happiness. If it were not Edith, it would be some one else, and the love that I had once thought worth taking at all costs now seemed to me too feverish a thing to care about holding.

And then came the day when Herbert Livingston asked me to run away with him. It happened in the livingroom of my own little house, the little

Mrs. Wilson Groups the Vegetables Into Three Distinct Classes

This Is Done for Canning Purposes, as the Different Foods, Chiefly Peas, Beans, Corn and Asparagus, Require Different Processes

three hours. Finish as directed for By MRS. M. A. WILSON

Prepare peas by shelling and place n square of cheesecloth and plunge

Plain boiling water or boiling water

salted water is optional. If you de-

will cause trouble, owing to the starch or taploca flour that is added to pre-

able for persons who are suffering from any form of kidney disturbance.

POMPEIAN

OLIVE OIL

Sold Everywhere

Huyler's Own

Root Beer

A sparkling, spicy bev-erage that is delightfully

refreshing on any occa-

sion. Order a case to be

sent home today. Also

Huyler's Own Ginger

Ale and Sarsaparilla.

Special this week:

Assorted Caramels

Copyright, 1970, by Mrs. M. A. Wilson, All corn.

THE various vegetables all require THE various vegetables all require different treatment in canning. Before you can conserve these foods successfully, it is vitally necessary to understand something of their character. So for this reason I will classify the different vegetables into three types.

Type one—Under this heading will come corn, peas, beans and asparagus.

Type two—Tomatoes, spinach, celery, and the success of the s

Type two-Tomatoes, spinach, celery, cohra, cabbage, brussels sprouts, broccorn. coli, oyster plant, turnips, mustard greens, kale, mushrooms, cucumbers, onlons, Jerusalem artichokes, cauli-

Type three—Carrots, sweet and white potatoes, parsnips, navy and dried lima beans, egg plants, globe artichokes.

Each type will require different time Each type will require different time for processing and must be given spe-cial care to secure perfect results.

vent the salt lumping.

I personally prefer the plain boiling water, as I believe the action of the salt softens the vegetable protein, making the liquid in the jars cloudy. Again foods canned with salt are not desired. Foods listed under type one are very Foods listed under type one are very perishable, and the greatest care is necessary to prevent failure. Unless you have these foods growing in you own or neighbor's garden, it is better not to plan to can them. When these foods are shipped from a distance there is a change in the chemical character, and while this change is no visible to the eye, nevertheless it is the

Peas, beans, asparagus and corn all contain a vegetable substance similar in character to the caseine in mits. This is vegetable casein and under certain conditions develops a lactic acid ferment. The conditions that will cause this acid to develop a section of the conditions that will cause this acid to develop a section of the conditions that will cause this acid to develop a section of the conditions that will cause Standing the products in the sun.

Packing in close cars for transporta-Storing in close warm rooms with

little or no ventilation. When the housewife can obtain foods in this list from her own or another local garden she will need to know that these foods must be spread out

that these foods must be spread out in a single layer in a cool, shady place outdoors, until they are needed to be placed right in the jars. And then she should get to work at once in preparing them.

If the final part, which is prompt chilling, be neglected, it will make little difference that the housewife was careful with all other steps, for at this time real trouble can occur, and thus make for failure.

When jars are removed from the

When jars are removed from the hot-water bath, place on tray at once, remove from the kitchen or room where the processing took place and place where they will cool gradually. When the jars are sufficiently cool so that you may take them in your hands with out burning, then plunge into pan of cold salt water, allowing the jars to stay in this bath over night. In mornwash and wipe dry and dip the

Select young tender ears of corn fold ears of corn become waxy when processed and are best for drying), husk corn, carefully removing all silk. Drop corn in large kettle of boiling water and cook for ten minutes, then remove promptly and dip in cold running water for three minutes; then use a cornmean to be, and had I known the mischel I was bringing down on my head I would have before saying a word.

The Wife Cheater by hazel devo batchelor for three minutes; then use a cornfrom the corn from the cob, measure and to each two cups and the cup the cup

One-quarter cup of boiling water, One teaspoon of sugar. One teaspoon of salt.

Mix well and fill into sterilized pint jars; adjust rubber and lid and partially seal; place in hot-water bath and bring the water quickly to boiling lence broken only by the snapping of point and process for three hours con-

and and said very quietly:
"Joan, we can't go on like this in square of cheesecloth and plunge into large kettle of boiling water for One time I would have shrunk away ten minutes, then remove and dip in from the facing the issue, but now although my heart beat fast, I was some-how not surprised. I did not even boiling water, adjust the rubbers and feel any strong emotion, and I raised lid and partially tighten. Then proc-my eyes and met Herbert's gaze quite ess as for the corn, the time being

About Hay Fever

is caused by pollen. The only pollen I was grateful for that fact. As it which was, a great longing came over me to borne. As it which causes it is that which is wind-

less-a source of injury to crops and of loss to farmers.

"I want you to come away with me. ous flower to one's nose, but such at-

is hay fever. The requisite is hopeless? In that moment I made up that he change to a place where there are not many of the plants which give him hay fever.

tities as will permit a man to inhale a dose large enough to give him hay fever. Grass pollen is rarely carried

as to provisions and too lenient as to administration. If the use of the knife and fork

Read Your Character By Digby Phillips

Mental Discipline for the Brunette

Are your eyes, your hair and your skin dark?

If so, do you know your mental weaknesses and the kind of discipline you should give yourself to offset them? If you are a brunctie, it is more than likely that your temperament and disposition fits you admirably to become a specialist in some line. And for purposes of business efficiency you should do so.

But at the same time you should be careful not to let the one-sidedness of your occupation extend into your entire life, or you will wind up with a warped viewpoint and failure to adjust yourself happily to the world around you. Seek variety. Mix with all kinds of people so far as you can. Make it a point to cultivate interest in other occupations than your own. Seek to widen your interests.

Seek the company of enthusiastic persons, in order that you may become ac-

Seek the spotlight occasionally. School yourself not to gravitate toward the background at social functions and ther gatherings.

So Different From the Ordinary WILMAR

PEANUT BUTTER

When it's lunch time and it's hot Mother knows that Wilmar peanut butter sandwiches will please



Bordens CHOCOLATE MALTED MILK

FOR that hungry half hour before bedtime-take it hot. It induces sleep and can not tax the digestion. You'll like the chocolate flavor.



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The Summer Beverage "Par Excellence" It's So Reireshing. JUST TRY IT!

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ASCO